

DIVING IS MY FAVORITE SPORT

A diver in a blue wetsuit and yellow fins is swimming horizontally in a vast school of small, silvery fish. The diver is wearing a white scuba tank and has bubbles rising from their regulator. The background is a deep blue ocean with a coral reef visible in the lower-left corner.

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HISTORY OF DIVING

People are always tried to dive to a depth, but diving appeared in 1943, when Jacques Yves Cousteau and Emile Gagnan invented first aqualung.



Extreme sport

A composite image showing a shark swimming towards a diver in a deep blue underwater environment. The shark is in the foreground, slightly to the right, with its mouth open, showing sharp teeth. The diver is in the background, slightly to the left, wearing a black wetsuit and a scuba tank. The background is filled with many small fish swimming in the same direction. The overall scene is dramatic and emphasizes the danger of extreme diving.

Diving helps to build character and form a strong personality.

There are a lot of dangers. For example, you can meet poisonous sea creatures or even sharks! You can be poisoned by oxygen.

World under the water

Diving is a very adventurous sport. You will see a beautiful world under the water. Especially when diving in caves. You'll find places you never knew existed.



Types of diving.

Diving can be divided into 5 types :

The reaction diving . Sports diving. Technical diving. Professional diving . Cave-diving.

- 1)The reaction diving-scuba diving for recreation, pleasure. This type of diving is limited to a depth of 40 meters.
- 2)Sports diving is a group of sports disciplines developed on the basis of basic skills of recreational diving.

- 3) Technical diving is considered to be technical diving if it meets one or more of the following characteristics: diving deeper than 40 meters; decompression diving; diving in the absence of the possibility of "direct ascent" ; the use of more than one gas mixture during the dive ; the use of a rebreather closed or see.
- 4) Cave diving (cave diving) is a type of technical diving performed in caves. This sport is much more dangerous and difficult than the usual simple diver.
- 5) Professional diving is underwater diving performed by professionals for a fee, in the narrow sense-the work performed by a diver under water in diving equipment.

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Diver equipment

You need: fins , boots, in the case that fins with adjustable heel , mask, tube, lantern, coil, tow, buoy, compass, knife, underwater clock ,

wetsuit, helmet, gloves, sock for wetsuit, belt with loads . Rebreather, or spark, or scuba, regulator , BCD, balloon with compressed air



A scuba diver is shown in silhouette, swimming towards the left in the upper left quadrant of the image. Bubbles are rising from the diver's breathing apparatus. Below the diver, a large school of small fish is swimming in a similar direction. The background is a deep blue ocean with light filtering from the surface.

Necessary skill

- To practice scuba diving, you need to have a set of skills that allow you to solve the vast majority of problems when diving (. These skills and knowledge are acquired in the process of training and confirmed by a certificate . People involved in diving, call the divers



Thank you for
attention